

Wellbeing Tools at your Fingertips

Take your EAP everywhere you go with our new app and online platform. Register now to access hours of wellbeing content and improve your fitness, nutrition and mental health.

You can also use the app and portal to reach out for support from our advice line team who are all trained counsellors.

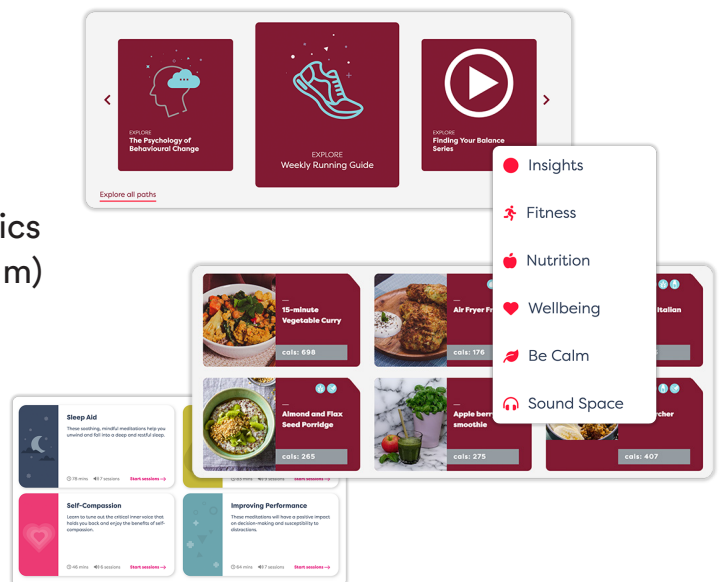
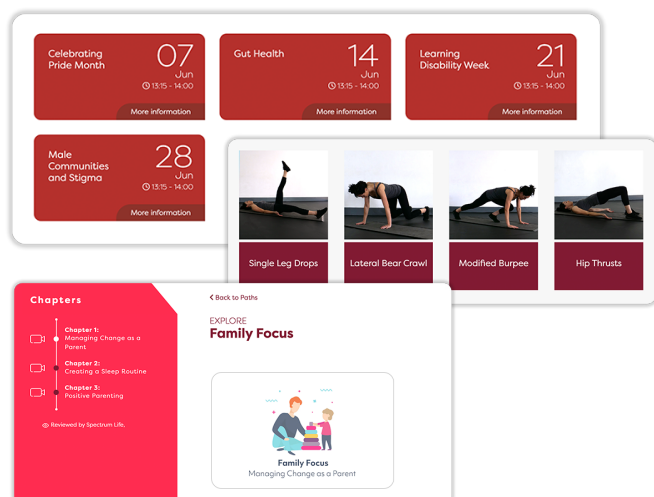
1. Go to: **hospitalityaction.spectrum.life**
2. Enter your access code: **HAWellbeing**
3. Make sure to download the Mobile App by searching for 'Spectrum.Life' in iOS or Android or scan here:



Our wellbeing platform is available on desktop and app

Explore content across a wide range of areas including:

- Digital fitness programmes
- Nutrition guides and recipes
- eLearning covering multiple wellbeing topics
- Self-guided meditation programme (BeCalm)
- Wellbeing Podcasts (SoundSpace)



Contact us by phone:

UK Freephone: 0808 802 2111

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